



Lighten Up! News

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Healthy Utah

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Overcoming Barriers

By Sarah Tronrud

We all know the importance of leading physically active lives. The benefits to our circulatory system, energy levels, and ability to handle stress are motivators for initiating and sticking with an exercise program. Of course there are times when the excuses for not exercising overwhelm the benefits and we end up not exercising at all. I know you have heard them before, excuses like "I can't do exercises well," "I don't like to sweat," "I can't afford a gym membership," and one of the most popular "I don't have time." Finding time to fit physical activity into your daily lives may seem impossible, but many busy people have found ways to fit it in. Trying some of these tips can help you make time for your own fitness and realize just how possible being fit can be.

1. **Plan ahead.** Set out your exercise gear the night before your morning run, or pack your workout bag to take to work the next day.
2. **Break it up.** If you don't have time for a thirty-minute block, break it up into three ten-minute sessions.
3. **Get a dog.** Having a dog can be great motivation to get out of bed in the morning for a brisk walk.
4. **Say no to traffic.** Instead of leaving work when the roads are packed, go for a walk, jog, or run. Then when you are finished your commute home will be more pleasant.
5. If you are just beginning to walk or run more regularly **aim more for frequency than duration with your outings.** By doing this you will get in the habit of making physical activity a part of your daily routine for a lifetime.
6. **Bring your lunch to work.** This can save you time eating at a restaurant or standing in a cafeteria line. Then with all those saved minutes you can spend them taking a walk after you eat lunch. A great thing about exercise is that it can rejuvenate your body and mind, and increase your energy for your afternoon workload.
7. For the next few weeks, **try waking up thirty minutes earlier to fit in some activity.** You may scoff at this one, but give it some time. You may find you are able to get out of bed easier the more often you practice. Pay attention to how you feel, and notice the differences on days when you sleep to the last possible moment and on those days when you wake up early to fit in a walk.
8. **Make fitness a priority.** Devoting yourself to do it means you will find the time regardless of how busy you are.
9. If you have children, ask a significant other to watch them so you can **take a "time-out" for your own physical and mental fitness.**
10. **Get a workout partner.** This way you can multitask by visiting and staying fit at the same time.
11. **Check out fitness classes at local recreation centers.** Signing up for a class can be a commitment in itself and one you will be likely to stick with.

Remember that change takes time and depending on where you are with your level of physical activity and where you want to be you will face challenges to obtaining and maintaining a physically active lifestyle. Keep a positive attitude and reinforce to yourself the benefits you notice from being physically active. You can do it!

Adapted from Runner's World July 2002



Tip of the Quarter

Savor the Spectrum

Color your daily diet by trying something blue/purple today!

Phytonutrient

Anthocyanins

Found in:

Blueberries,
Blackberries,
Purple Grapes,
Black Currants,
Elderberries.

Benefits:

Reduce the risk of cancer;
Powerful antioxidants;
Reduce the risk of age-related memory loss;
Help control high blood pressure;
Reduce the risk of diabetes complications;
Reduce the risk of heart attacks;
Reduce the risk of Alzheimer's disease.

www.5aday.gov

Ask the R.D. To Be

By Sarah Tronrud (Kelly Miller's Intern)

Why do some wheat breads have the same amount of fiber as white breads?

A cook that noticed the nutrition facts label on white bread listed 1g of fiber per slice while the wheat bread contained less than 1g of fiber per slice recently asked me this question. I don't know if you have ever noticed this, but it is a good example of why ingredient lists are an important component of the Nutrition Facts label. If you look under the ingredients list, each food item is listed in order of highest to lowest amounts used in the product. Enriched white flour is used in white and wheat breads. This flour has been processed to include only a part of

the grain kernel and nutrients are added back in to enrich the flour. Wheat breads are made with a combination of enriched white flour and whole-grain flour, as well as a caramelizing agent for color. This is why you will find white and wheat breads with the same fiber content per slice. If you are trying to increase your fiber intake to reap benefits, like decreased risk of certain cancers, opt for breads that list "whole grain flour" as the first ingredient on the list. Whole grain flour is milled using the entire grain kernel and will provide 2-3g (or more) of fiber per slice.

Healthful Picnicking

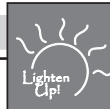
With summer just right around the corner, chances are good that a barbeque, picnic, or family outing will occur. These fun events are often complimented with all kinds of foods like freshly cut fruits, vegetables grilled to perfection, zesty pasta salads, and lots of deliciously decadent desserts. With such a wide array of foods to choose from it may be hard to know which choices complement your healthy eating habits.

Here are some tips for healthful picnicking:

- Always go for the fruits and vegetables!
- Be wary of macaroni and potato salads that are made with mayonnaise (and pasta salads made with oil)
- Don't forget portion sizes when eating meats (3 oz. of hamburger or chicken is one portion which is the size of a deck of cards)
- If available choose whole-wheat buns made with whole-wheat flour. They add fiber to your diet
- Pay close attention to your internal hunger cues to avoid overeating.
- Opt to drink water or unsweetened ice tea in place of soft drinks
- Get some activity by bringing your frisbee, volleyball net or croquet set-It will be the hit of the party.
- Wear sunscreen.
- Desserts: What is a picnic without dessert? If your gatherings are like mine there is usually a wide variety to choose from. Don't deprive yourself of your favorite if you rarely have the opportunity to enjoy it. Indulge in a small portion and really savor it. If, on the other hand, you are looking for a low-fat option fruit, fruit popsicles, or strawberry shortcake are all excellent choices.

Following these tips can help reaffirm your goals to maintain your weight. Have fun playing in the warm, sunny weather this summer!

—Sarah Tronrud



Recipes

This quarter, we are going to **France** for their delicious cuisine. Be adventurous and try these recipes. You can add the Pommes Anna to your traditional American meal and top it off with the Tarte Aux Pommes.



Tarte Aux Pommes (Apple Tart)

Apple Tart is a dessert that you will find served in many restaurants and homes throughout France.

1 1/2 cup all-purpose flour

1/4 tsp. salt

5 Tbsp. chilled unsalted butter, cut into small pieces

6 Tbsp. ice water

6 cups sliced peeled apples (about 2 pounds)

1/3 cup sugar

1 large egg white, lightly beaten

1. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and salt in a food processor; pulse 2 times. Add butter; pulse 4 times or until mixture resembles coarse meal. With processor on, add ice water through food chute, processing just until combined (do not form a ball). Gently press mixture into a 4-inch circle on plastic wrap; cover. Chill for 15 minutes. Slightly overlap 2 lengths of plastic wrap on a slightly damp surface. Unwrap chilled dough, and place on plastic wrap. Cover with 2 additional lengths of minutes or until plastic wrap can be easily removed. Remove bottom sheets of plastic wrap. Place dough into a 10-inch tart pan, pressing dough against sides of pan and allowing it to extend over edge of pan. Remove top sheets of plastic wrap.
2. Preheat oven to 425 degrees F.
3. Arrange half of the apple slices in the bottom of the tart pan, and sprinkle with half of the sugar. Repeat the procedure with the remaining apple slices and sugar. Fold the dough over the apple slices (dough will partially cover apple slices). Brush dough with egg white. Place pan on a baking sheet.
4. Bake at 425 degrees F. for 45 minutes or until apple is tender and crust is lightly browned (shield tart with foil if it becomes too brown). Cool on a wire rack.

Pommes Anna (Potatoes Anna)

This is a traditional French dish. Usually smothered in butter, this recipe has been modified to decrease the amount of fat and calories that the crispy, yet tender potatoes supply.

1/2 tsp. pepper

2 1/2 Tbsp. butter

3 pounds peeled baking potatoes, cut into 1/8-inch-thick slices

1 Tbsp. butter, melted and divided

1 Tbsp. chopped fresh flat-leaf parsley, optional

1. Preheat oven to 450 degrees F.
2. Melt 2 1/2 Tbsp. butter in a 10-inch cast-iron or ovenproof heavy skillet over medium heat. Arrange a single layer of potato slices, slightly overlapping, in a circular pattern in pan; sprinkle with pepper. Drizzle 1/2 tsp. melted butter over potatoes. Repeat the layers 5 times, ending with butter. Press firmly to pack. Cover and bake at 450 degrees F. for 20 minutes.
3. Uncover and bake an additional 25 minutes or until potatoes are golden. Loosen edges of potatoes with spatula. Place a plate upside down on top of pan; invert potatoes onto plate. Sprinkle with parsley, if desired.

Yield: 8 servings (serving size: 1 wedge)

Calories: 208 Calories from fat: 5.2 grams Carbs: 36.7 grams Fiber 2.6 grams

Tip of the Quarter

**Until you try
You don't
know
What you
can't do.**

—Henry
James

Honesty, It's Hardly Ever Heard...

Billy Joel sings it, as well as many other Americans, reports a study done at the University of Washington in Seattle. The study revealed that many people either do not admit or do not recognize the amount of calories that they are actually consuming. They discovered that women underestimate their calorie intake by up to 17%, saying they eat 1600 calories, when in fact, they consume closer to 1900 calories daily.



Getting on the Ball:

Using the Exercise Ball for Better Strength

You probably have seen the big exercise balls at the gym or fitness store. But what can you do with them? Exercise balls are great at strengthening all parts of the body, but especially the 'core'. The core consists of the abdominal muscles, back muscles and others. Use these exercises to work your

Sitting: Sounds easy enough, right. Use the ball instead of a chair. Don't slouch, you will use your core muscles all day.

Marching: Sit on the ball, lift your right leg and your left arm. Alternate sides. You will use your leg and shoulder muscles, but more importantly, you will have to strengthen your core, or fall off.

Wall slides: Stand with the ball between your back and the wall. Keep your posture straight and your knees over your ankles. Slide the ball down the wall until your knees are at 90°.

Sit-ups: You have more range of motion on the ball than on the floor. You also have to keep from falling off, so you use more muscle. Sit on the ball so that your shoulders go lower than your hips. Slowly curl up without moving the ball. It's harder than it sounds!

Bridging: To strengthen your glutes (hips) and back muscles, try this exercise. Lie on your back with your feet on the ball. Place your arms out to the sides. Lift your hips and low back by pressing down with your feet onto the ball. Hold for about 30

All of these exercises will help strengthen your core, helping to prevent injury and give you more strength to do your daily activities. So, get on the ball!